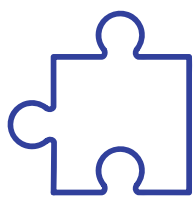


AGING *Well*

PODCAST

Frequently Asked Questions: Montessori Senior Care



What is Montessori Senior Care?

Montessori senior care adapts the Montessori philosophy originally designed for children's education to help older adults, especially those living with dementia or memory challenges.



How is it different from traditional senior care?

Traditional care focuses on structure and efficiency. Montessori care focuses on choice, independence, and purposeful daily activities. Instead of staff doing everything for residents, seniors are encouraged to participate in everyday tasks and activities that give them a sense of control and accomplishment.



What does a Montessori environment look like?

Montessori senior living communities are designed to feel home-like and supportive. There are clear labels on items to help with recognition, signs to assist with wayfinding, and schedules that include activities chosen by the residents.



What types of activities are used?

Activities are personalized to the residents' interests and abilities. Examples include assisting with daily tasks such as setting the table or folding laundry, participating in group activities that involve games, gardening, baking, music, or art projects, and engaging in individual activities like puzzles that help stimulate memory and bring joy.



What are the benefits for seniors and families?

Seniors are more independent, they regain a sense of control, and experience less anxiety. Families benefit from more meaningful interactions with their loved ones.

Loretto specializes in Montessori Senior Care.

To learn more, visit <https://lorettocny.org/montessori>

